

Folic Acid Activity
EVERYBODY'S WATCHING

Objectives: (SWBAT: Student Will Be Able To)

SWBAT: State 3 reasons why it is important to choose wisely when selecting a leader

SWBAT: State 3 different ways in which a leader could positively influence them

SWBAT: State 1 way in which you could influence someone to take a multivitamin

Materials Needed:

- A copy of the Food Pyramid for each group
- Paper and pen for each group's recorder

Time needed for activity: 45 minutes

Procedure:

Step #1- Ask your class to form a circle. Ask each person to choose someone in the circle to be his or her leader but do not give that person any indication that you have chosen him/her as your leader.

Step #2 – Have everyone close his or her eyes. On the count of three, the facilitator (teacher) will instruct the students to open their eyes and begin following the movements of their chosen leader. Once the activity starts, you must mirror the movements of the person that you have chosen as your leader. Whenever and however she/he moves, you move. Again, do not stare at your leader. They should not know that you are watching their every move.

Step #3 – It is fun to watch the movement, because everyone is watching someone different. Or at least there will be several different persons chosen that are being watched. Continue the activity for several minutes.

Debrief

Step #4 – Ask the students to brainstorm how they felt about the activity their chosen leader made them mirror. Did they wish that they had chosen someone else? What activity did they enjoy doing?

Making A Connection To Life

Step #5 – What activity would not be a good activity to follow? What activity would be healthy for the students to follow? Have the students brainstorm a list.

Step #6 - Add to this list taking a multivitamin. Emphasize to the students that it is very difficult to obtain all the necessary nutrients through diet alone. It is important for our general health to have the minimum daily requirements of vitamins and minerals.

Step #7 - Break the students into groups of 4. Designate one person as a recorder. Have the students discuss what they normally eat for breakfast, lunch, dinner and snacks. Then instruct the group to come up with one breakfast menu, one lunch menu, one dinner menu and one snack menu that in their opinion would reflect the normal diet of a teenager. Share these different menus with the whole class.

Step #8 - Have the students compare their menus with the recommendations on the food pyramid. Instruct each group to identify the areas in which their menu reflects the food pyramid and which areas of the food pyramid are not represented in the diet. After the students have identified the areas of nutritional strengths and weaknesses of a teenager's diet, as a group construct a food pyramid that reflects this diet. For instance, if the majority of foods eaten fall in the fats, oils, and sweets, that part of the pyramid would be huge and become the base instead of the pinnacle. Display the reconstructed pyramids around the room.

Step #9 – As the students analyze a normal teenager diet along with the food pyramid, make the point that being aware of proper nutrition is very important plus taking a multivitamin would help insure that a person's body has the necessary nutrients to function efficiently.

Step # 10 - Ask the students how many of them take a multivitamin. Ask the students how they could influence one of their friends to take a multivitamin.

Step #11 – Closing – You can be a leader and an influence. Your actions speak louder than words. Eat a healthy diet and take a multivitamin.

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